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ABSTRACT

The document presents objectives, teaching methods, activities, and work sheets for a unit on choosing breakfast cereal. The unit is intended to be used as an integral part of the fifth grade health program. Activities take place in a classroom learning center and can be completed in approximately four to six hours of classroom time. Objectives are to help students recognize the nutritional value of cereals, read labels on packages, and determine actual cost per serving of different cereals. Students are involved in a variety of activities including participating in scavenger hunts to find cereals with specific qualities (most expensive, least expensive, most preservatives, best flavor, etc.), playing word games, filling in handouts, answering questions, analyzing cartoons, making nutritional information posters, creating collages and bulletin boards, and making granola. Information presented in the teacher's guide for each activity includes materials needed, resources, objectives, solutions to potential difficulties, test questions, answer keys, and evaluation criteria. (DB)

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Teacher's Guide

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CECI CEREAL'S SUPERMARKET SEARCH

SP 012 743

Written by Cynthia Estes
as part of
PROJECT COST
A Title IV Ci Project

PACKAGE RESUME FORM

Publication Date November, 1978 **Level/Subject** Fifth Grade Health

Title Cecil Cereal's Supermarket Search.

Author Cynthia Estes

Abstract Choosing a breakfast cereal involves making decisions based upon its nutritional value and price. This concept is the primary idea of "Cecil Cereal's Supermarket Search." Secondary ideas include recognizing that cereals can provide important nutrients, using the package label to gain nutrition information about the cereal, and determining the actual cost per serving of a cereal in order to choose one that is both economical and nutritious.

This capsule is designed to provide 4 to 6 hours of instruction in a learning center approach using actual cereal boxes students have brought from home. Students may choose follow-up activities that ask them to analyze cereal boxes at home or at the supermarket.

The capsule was written to be included in the already existing 5th grade health program and reviews basic nutrition concepts being taught at that level.

TABLE OF CONTENTS

Objectives 1

A Note about Color Coding 2

Using the Student Record Sheet 3-4

Special Instructions and Suggestions 5-7

What Does It Cost? 8-10

Questions for Activity 1, Section 2 11

Directions for Making Cornflake Capers 12-14

Directions for Making Supermarket Scavenger Hunt 15

Bibliography 16

Special Directions Concerning Cecil Cereal Assessments 17-19

Word Search Key 20

Section One Self-Check Key 21-22

Section 2, Self-Check Key 23

Post-test Key 24-24a

Pre-test 25-27

Section 1, Self-Check 28-29

Section 2, Self-Check 30

Post-test 31-32

Wordsearch 33

Choosing a Cereal 34

OBJECTIVES

Upon completing this learning capsule your students will be able to:

- name the nutrients that are found in the food they eat.
- recognize the nutrients found in whole grain cereals.
- locate nutritional information on a cereal package.
- use the information on the nutrition label to compare cereals.
- compare the prices of two cereals.
- find the best cereal buy, based on nutrition and price.

A NOTE ABOUT COLOR CODING

This capsule has been color coded for your convenience. All student capsule pages are white. All tests and self-checks are yellow. All teacher information pages are blue. Keys are done in pink.

USING THE STUDENT RECORD SHEET

The Record Sheet is designed to help the teacher and student record progress in the learning capsule. A copy of the record sheet may be included in the student capsule. The student may use it to check off activities as he finishes them and to see which activities still need to be completed. The teacher may also keep a copy of the record sheet to record scores on pre and post-tests and self-checks. Comments may also be made about those activities on which the student did poorly or on those he seemed to enjoy. The post-test will indicate to the teacher and student which sections need to have alternative activities completed.

A completed record sheet is included in the teacher's guide .

RECORD SHEET FOR Lois Smith

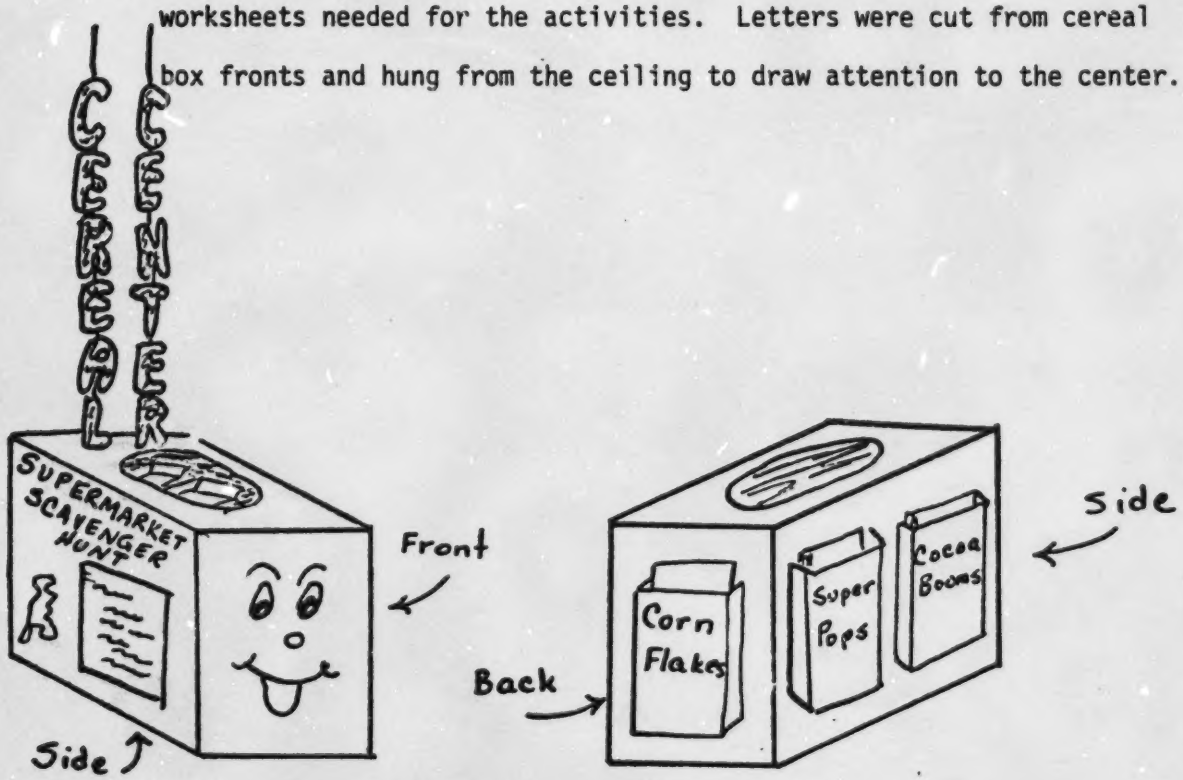
Activities	✓ Sections to be completed	✓ completed	Comments	Alternative activities to be completed	✓ Completed
Pre-test Score	-6		Lois did not miss any of the first 3 questions on pre-test. She does not need to do Section 1.		
Section 1					
*Activity 1					
Activity 2					
Activity 3					
Activity 4					
Activity 5					
Activity 6					
*Activity 7					
Self-check					4
Section 2	✓				
*Activity 1		✓			
*Activity 2		✓			
Activity 3					
Activity 4		✓	Lois really liked this!		
*Activity 5		✓			
Self-check		-0			
Section 3	✓				
*Activity 1		✓		Do the cost comparison section only	✓
*Activity 2		✓			
Post-test Score	-1		Had difficulty with # 3d		
Quest #1		✓	Lois liked this!		9
Quest #2					

SPECIAL INSTRUCTIONS AND SUGGESTIONS

This capsule was designed with a learning center approach in mind. However, it may be adapted and used in classrooms without learning centers.

I used a tea crate and assorted cereal boxes as the focus of the center. Any large box or table top could be used if tea crates are not readily available. The crate contained an assortment of empty cereal boxes brought by students.

The boxes were used whenever activities called for cereal boxes. In addition, empty cereal boxes were used as holders for the various worksheets needed for the activities. Letters were cut from cereal box fronts and hung from the ceiling to draw attention to the center.



Teachers who do not wish to use a learning center approach may include copies of the worksheets in the students' capsules. Students will need to be given some special directions since the instructions

in the capsule tell them to go to the cereal center to find certain materials.

* *

MATERIALS NEEDED FOR STUDENTS TO COMPLETE ACTIVITIES IN THIS CAPSULE

magazines

pictures of foods (from magazines, Peabody Language Development Kit, or commercially prepared pictures)

poster board or tagboard

felt markers or crayons

drawing paper

cereal nutrition labels

cereal boxes

scissors

glue

copies of each worksheet

rulers

pencils

cassette tape player

filmstrip previewer

BOOKS

Byrd, Oliver E., Elizabeth A. Neilson, et al. Health Level Five. River Forest, Illinois: Laidlaw Brothers, 1970.

or

Any other health textbook. Student will read section in text on various food nutrients.

SOUND FILMSTRIP

What Foods People Need. Guidance Associates.

If your students have not used learning centers before, some special instructions may be needed. Students must assume the responsibility for obtaining the materials needed for each activity. They are responsible for seeing that papers are checked and corrected. If they have not had to assume this responsibility before, students may tend to feel uncomfortable about getting out of their seats to get materials. Some students may feel threatened with so much freedom. These students may see this self-direction as a lack of direction. If you can anticipate these problems and help your students to realize the types of behaviors that you expect from them, use of the capsule will be facilitated.

WHAT DOES IT COST?

During the initial field-testing of this capsule, it was learned that the concept of cost per serving was a very difficult one for students to grasp. Since we feel that the concept is so important for students to know, we have added a new activity to the teacher's guide. On the following two pages are some more problems for you to use with your students who have difficulty with this part of the capsule. Activities dealing with finding the cost per serving are found in section three of the capsule.

Directions for Making Cornflake Capers Section 3: Activity 2

You will need:

tagboard or file folder

press-on labels (available from office supply store)

3x5 index cards cut in half

poker chips or other tokens for markers

wooden cube for die

Use tagboard or file folder for the gameboard. Draw circles or use press-on labels for the various steps of the game. Some circles may have special directions printed on them. Several should say, "Draw a Card". (See sketch following directions) Students draw cards when told to do so.

These are the instructions printed on cards.

Choose a cereal box from the cereal center. How many servings does this cereal contain?

Take an extra turn.

Move ahead three spaces.

Lose a turn.

You were given the wrong change. Go back to the store and begin again.

Find the ingredients on a cereal box. If you are right, take an extra turn.

Move to #4 and take the shortcut.

Name one of the five nutrient groups. Move ahead 1 space.

You ate the cereal, but left the milk in the bowl. Go back 2 spaces.

Cornflake Capers (continued)

Go to the cereal center. Choose a cereal and tell how much iron it contains. Move ahead one space.

Cecil Cereal is disappointed in you. You didn't eat breakfast. Go back 5 spaces.

Lose a turn.

You chose a fortified cereal. Move ahead 2 spaces.

Take an extra turn.

Tell the other players where to find the nutritional label on a cereal box. Move ahead 1 space if you are right.

Move back 3 spaces.

Directions for playing the game are typed and glued to the game board.

DIRECTIONS

Start at the store.

Throw the die. Move the number of spaces that the die shows.

Follow any directions that you find on the circles.

If you draw a card, you must follow the directions on the card.

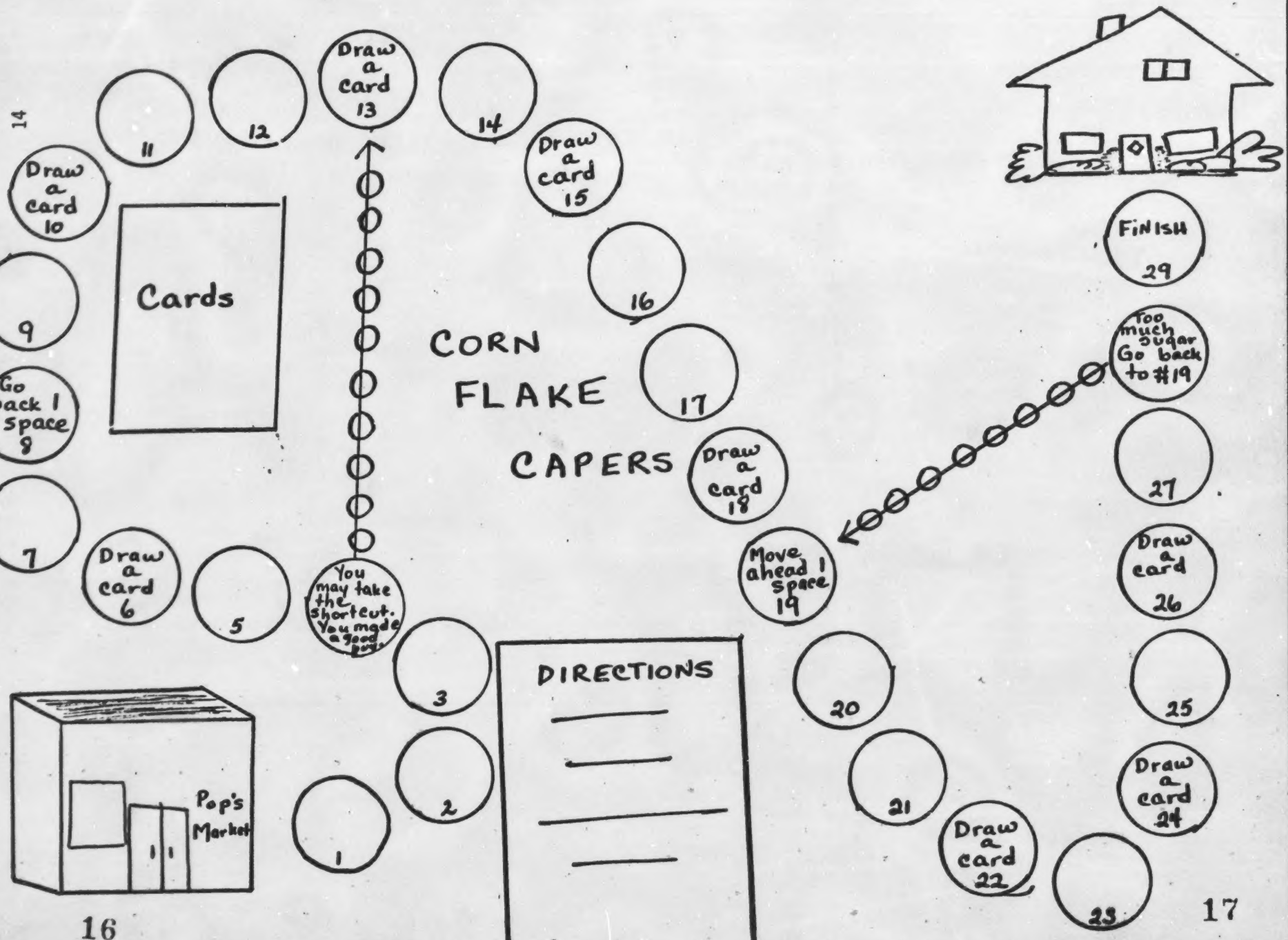
If you answer the question on the card correctly, you may move ahead.

If you answer the question wrongly, you may not move ahead.

The first person to reach home is the winner.

A wooden die is used. Make either one or two dots on each side or use the numerals 1 or 2 on each face of the cube. By using a die with small numbers the game is prolonged.

Poker chips or other tokens are used as markers or "men" in the game.


Draw a card 13
14
Draw a card 15
16
17
Draw a card 18
Move ahead 1 space 19
20
21
Draw a card 22
23
Draw a card 24
25
Draw a card 26
27
Too much sugar Go back to #19
FINISH 29
12
11
Draw a card 10
9
Go back 1 space 8
7
Draw a card 6
5
You may take the shortcut. You made a good guess.
3
2
1
Cards
CORN FLAKE CAPERS
DIRECTIONS
Pop's Market

DIRECTIONS FOR MAKING SUPERMARKET SCAVENGER HUNT QUEST ACTIVITIES

Use poster board to make this activity.

Text:

Conduct a scavenger hunt to find:

- a cereal with no preservatives, additives or flavor enhancers.
- the cereal richest in iron.
- the heaviest cereal.
- the most expensive cereal.
- a packaged cereal without sugar.
- the most expensive cereal.

You may conduct your scavenger hunt in the supermarket or in the cereal center.

BIBLIOGRAPHY

Byrd, Oliver E., Elizabeth A. Neilson, et al . Health Level Five . River Forest, Illinois: Laidlaw Brothers, 1970.

"What Foods People Need". Guidance Associates. One of a set of four sound filmstrips that sell for $99.50. 1976.

SPECIAL DIRECTIONS CONCERNING CECIL CEREAL ASSESSMENTS

In order to determine which students need to complete this capsule, the pre-test should be given before the student has read past page 2 of the capsule. Some students may need to complete only one or two sections of the capsule while others may need to do all sections. The pre-test will help the teacher to determine the needs of each individual student. Questions 1 - 3 on the pre-test assess the skills covered in Section One. Question 4 of Part One and questions 1-3 in Part Two assess the skills taught in Section Two of the capsule. Questions 4 and 5 of Part Two test the skills of Section Three of the capsule. If a student misses any question in a section, he should be required to complete the section of the capsule.

The self-checks that are to be completed after sections one and two are turned in with the student's work from that section. The teacher has the option of using the score from the self-check if a grade is given for the work done on the capsule. There is room on the Record Sheet for these scores to be recorded.

The post-test will indicate whether or not the student has mastered the material covered in the capsule. The post-test may indicate the sections of the capsule in which the student needs to do further work. Questions 1 and 2 check the student's skill with concepts covered in Section One of the capsule. Questions 3a, 3b, 3c, 3e, and 3f check the skills from Section Two. Questions 3d and 4 test the concepts from Section Three. If the post-test shows a need for more work, this can be indicated on the Record Sheet.

Key

PRE-TEST

PART ONE

DIRECTIONS: Below are some questions about nutrition and cereals. Circle the letter of the answer that best completes each statement.

Section 1

1. Nutrients are found in _____ food.
   a) some
   b) most
   (c) all
2. The nutrients are
   a) fats, vitamins, minerals
   (b) fats, carbohydrates, vitamins , minerals, protein
   c) carbohydrates, minerals, proteins, vitamins
3. Cereals are good sources of
   (a) carbohydrates, thiamin, niacin, riboflavin, iron
   b) carbohydrates, vitamin C, and iron
   c) none of the above

Section 2

4. You can find out which nutrients are found in cereals by
   a) listening to tv ads
   (b) looking on the side of the box
   c) asking the grocer

PART TWO

DIRECTIONS: Use the nutrition labels included with this pre-test to answer these questions.

1. Which cereal is more nutritious? Cereal A
2. Which cereal has more sugar? Cereal B
3. How many calories are in a serving of each? 190
4. What is the cost of a serving of each if Box A costs 91¢ and Box B

Section 3 costs $1.20? Cereal A 6¢ Cereal B 9¢

5. Why is cereal A a better buy?

Cereal A costs less per serving, is more nutritious and contains less sugar than Cereal B.

Key

WORD SEARCH

Here are some words that have to do with eating the right foods. Find the words in the puzzle and circle them.

protein
breakfast
carbohydrates
fats
riboflavin
thiamin
niacin
iron
vitamin A
minerals
vitamins
water
calcium
vitamin C
cereal
nutrients

G O S P L A R K Z F O W G D N
V C L P C O O P S T A F T E L
L A R D V I T A M I N S K M N
N I A C I N D R R P L A M S V
Y Z L B T N U T R I E N T S I
X V Y Z A O C R C H A S R N T
Y N G R M R A S C O S T P R A
M S C L I P R O T E I N B R M
U P C L R B B K O S B R W M I
I W X Z O Y O K F L T T A I N
C E O R N C H F A R E G T L C
L L T H A R Y C L D B K E D R
A I V R C H D R O A A E R E C
C A L C O R R A K S V I R S T
B R E A K F A S T C I I W V R
L D P R K C T D F M T I N L K
B M S L A R E N I M A S O P E
C A E U B L S O R G M L A S K
C E R E A L P R A S I M L E R
B F H J L Q H A C M N D L R S
T R P L A K M N I M A I H T Y

Key

SECTION ONE

SELF-CHECK

Use these words to complete the crossword puzzle.

carbohydrates	fats	vitamins	
minerals	cereal	riboflavin	niacin
thiamin	iron	protein	

ACROSS

1. B vitamin found in cereals thiamin
4. Beans, peas and meat are good sources of this nutrient protein
6. Butter and margarine are examples of fats.
9. Carbohydrates provide us with heat and energy.
10. Iron is one of the minerals your body needs every day.

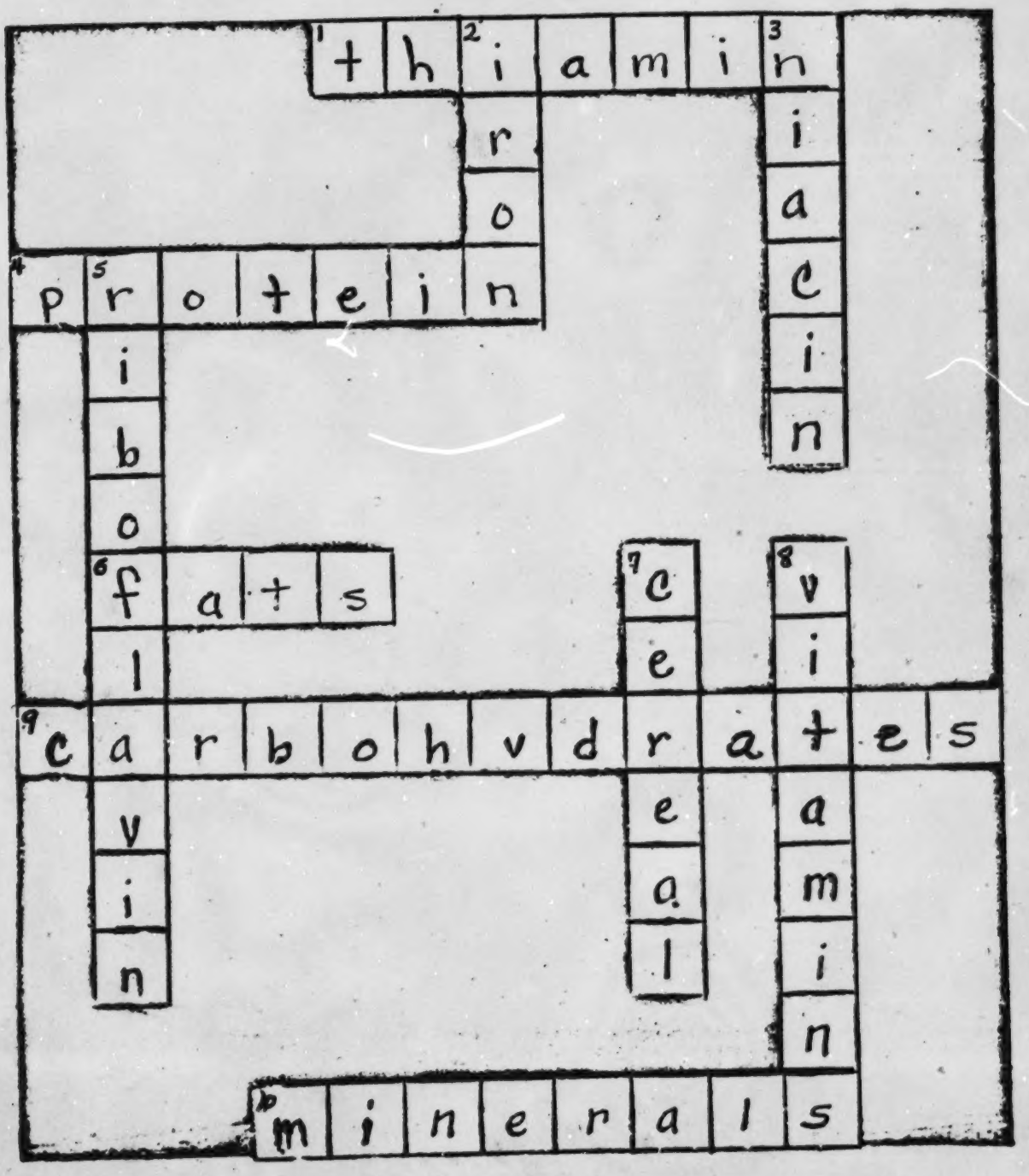
DOWN

2. Whole grains are rich in the mineral iron.
3. Niacin is a B vitamin found in whole grain cereals.
5. Another B vitamin found in whole grain cereals is riboflavin.
7. A good breakfast can contain juice, milk and cereal.
8. Cereals contain B vitamins, minerals and carbohydrates.

Key

SECTION 1

SELF-CHECK



SECTION 2

SELF-CHECK

1. With a red pencil color the part of the cereal box drawn below that contains the nutrition information.

2. Put a check (✓) on the line beside each of the following bits of information that can be found on the nutrition label of a cereal box.

✓ % of RDA of certain nutrients

___ number of calories per box.

✓ ingredients.

✓ servings per box

✓ calories per serving.

(?) ✓ name of cereal. (sometimes this is not given)

✓ serving size.

___ amount of sugar in a serving.

3. How does the nutrition information on a cereal box help you choose a cereal?

Accept any response that indicates that the student understands that the information helps make him a more informed consumer.

POST - TEST Name Key

1. Put a √ by the names of the nutrients you have studied in this capsule.

- ✓ fats
- ✓ vitamins
- ✓ minerals
- ____ cereal
- ✓ carbohydrates
- ✓ protein
- ____ food

2. Circle the letter of the best answer.

Whole grain cereals without milk contain

a) niacin, calcium, iodine

b) niacin, riboflavin, vitamin C

c) iron, niacin, riboflavin

d) carbohydrates, wheat, vitamin C

3. Using two cereal boxes provided by your teacher, answer the following questions. If the information cannot be found on the nutrition label, put N/F for not found.

a) How many calories are found in serving of each cereal with milk? _____ _____

b) How many serving are in each box? _____ _____

c) Which cereal is most nutritious without milk? _____

d) Which cereal is the most expensive per serving? _____

e) What are the top three ingredients of each cereal?

_____

_____

Answers will vary according to cereals used.

f) Which cereal has a prize inside? _____

4. Using the information from the questions in number 3 above, which cereal would you buy? Why? Student should make his decision based on nutritional value and cost rather than just taste.

APPENDIX

This appendix contains copies of all worksheets and assessments. These copies may be used to make your own classroom quantity copies. To use, unstaple the sides of the teacher's guide and remove the worksheet and assessment pages. Restaple the remaining pages of the teacher's guide.

PRE-TEST

PART ONE

DIRECTIONS: Below are some questions about nutrition and cereals. Circle the letter of the answer that best completes each statement.

1. Nutrients are found in _____ food.
   a) some
   b) most
   c) all
2. The nutrients are
   a) fats, vitamins, minerals
   b) fats, carbohydrates, vitamins , minerals, protein
   c) carbohydrates, minerals, proteins, vitamins
3. Cereals are good sources of
   a) carbohydrates, thiamin, niacin, riboflavin, iron
   b) carbohydrates, vitamin C, and iron
   c) none of the above
4. You can find out which nutrients are found in cereals by
   a) listening to tv ads
   b) looking on the side of the box
   c) asking the grocer

PART TWO

DIRECTIONS: Use the nutrition labels included with this pre-test to answer these questions.

1. Which cereal is more nutritious without milk?
2. Which cereal has more sugar?
3. How many calories are in a serving of each with milk?
4. What is the cost of a serving of each if Box A costs 91¢ and Box B

costs $1.20?

5. Why is cereal A a better buy?

BEST COPY AVAILABLE

NUTRITION INFORMATION PER SERVING

SERVING SIZE	1 OZ. (1¼ CUPS)	
SERVINGS PER CONTAINER	15	
	1 OZ. TASTEEOS	1 OZ. TASTEEOS PLUS ½ CUP VITAMIN D FORTIFIED WHOLE MILK
CALORIES	110	190
PROTEIN	4 g	8 g
CARBOHYDRATE	22 g	28 g
FAT	1 g	5 g
SODIUM	250 mg (885 mg/ 100 g)	315 mg (210 mg/ 100 g)
PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA)		
PROTEIN	6	15
VITAMIN A	25	25
VITAMIN C	25	25
THIAMINE	25	25
RIBOFLAVIN	25	35
NIACIN	25	25
CALCIUM	*	15
IRON	25	25
VITAMIN D	25	35
VITAMIN B_6	25	25
VITAMIN B_{12}	25	30
PHOSPHORUS	10	20
MAGNESIUM	8	10
ZINC	6	6
COPPER	4	4

*CONTAINS LESS THAN 2 PERCENT OF THE U. S. RDA OF THIS NUTRIENT.

INGREDIENTS

OAT FLOUR, RICE FLOUR, WHEAT STARCH, SUGAR, SALT, COCONUT OIL, SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, ASCORBIC ACID (VITAMIN C), NIACINAMIDE, YELLOW #5, ARTIFICIAL COLOR, REDUCED IRON, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B_6), RIBOFLAVIN (VITAMIN B_2), THIAMINE MONONITRATE (VITAMIN B_1), BHA (A PRESERVATIVE), VITAMIN D AND VITAMIN B_{12}. BHT ADDED TO PACKAGING MATERIAL TO HELP PRESERVE FRESHNESS.

cereal a

NUTRITION INFORMATION PER SERVING

SERVING SIZE	1 OZ. (1 CUP)	
SERVINGS PER CONTAINER	13	
	1 OZ. CEREAL	1 OZ. CEREAL PLUS ½ CUP VITAMIN D FORTIFIED WHOLE MILK
CALORIES	110	190
PROTEIN	2 g	5g
CARBOHYDRATE	25 g	31g
FAT	0 g	5g
SODIUM	235 mg (830 mg/ 100 g)	295mg (195mg/ 100g)
PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA)		
PROTEIN	2	10
VITAMIN A	*	4
VITAMIN C	*	2
THIAMINE (VITAMIN B_1)	8	10
RIBOFLAVIN (VITAMIN B_2)	2	10
NIACIN	10	10
CALCIUM	*	15
IRON	4	4
VITAMIN D	*	10
PHOSPHORUS	2	10
ZINC	2	2
COPPER	2	2

*CONTAINS LESS THAN 2 PERCENT OF THE U.S. RDA OF THESE NUTRIENTS.

INGREDIENTS:

MILLED RICE, SUGAR, SALT, MALT, IRON PHOSPHATE, NIACINAMIDE, THIAMINE HYDROCHLORIDE (VITAMIN B_1) AND RIBOFLAVIN-5'-PHOSPHATE SODIUM (VITAMIN B_2). BHT ADDED TO PACKAGING MATERIAL TO HELP PRESERVE FRESHNESS.

cereal b

WHAT DOES IT COST?

Here are some questions about cereal. Use the information that you have been given to answer the questions. Show all of your work in the space provided.

1. Freaky Flakes comes in an 18 ounce box which costs 99¢. This box contains 18 servings. How much does each serving cost?

REMEMBER!!! No. of servings) cost of cereal
cost per serving

2. Chewy Chunks comes in a 13 ounce box. This size costs $1.25 and contains 13 servings. What is the cost for each serving?

3. Frosted Fruities come in 2 sizes. The 13 oz. size costs 88¢ and contains 13 servings. The 15 oz. size costs $1.09 and contains 15 servings. What is the cost per serving of each size?

3. Frosted Fruities come in 2 sizes. The 13 oz. size costs 88¢ and contains 12 servings. The 15 oz. size costs $1.09 and contains 14 servings. What is the cost per serving for each size?

13 oz. _____ 15 oz. _____

Which size will give you more for your money?

Questions for Section 2: Activity 1

Use the nutritional label to answer these questions.

1. How large is a serving size?
2. How many servings are in this box?
3. How many calories are in each serving of this cereal without milk?
4. How many calories are in each serving with milk?
5. List the ingredients found in this cereal.
6. What % of RDA of these nutrients is found in one serving:
   - protein
   - vitamin A
   - vitamin C
   - niacin
   - riboflavin
   - calcium

Cards with these questions are placed inside cereal boxes. Students answer the questions using the nutritional label on the box.

SECTION ONE

SELF-CHECK

Use these words to complete the crossword puzzle.

carbohydrates	fats	vitamins	
minerals	cereal	riboflavin	niacin
thiamin	iron	protein	

ACROSS

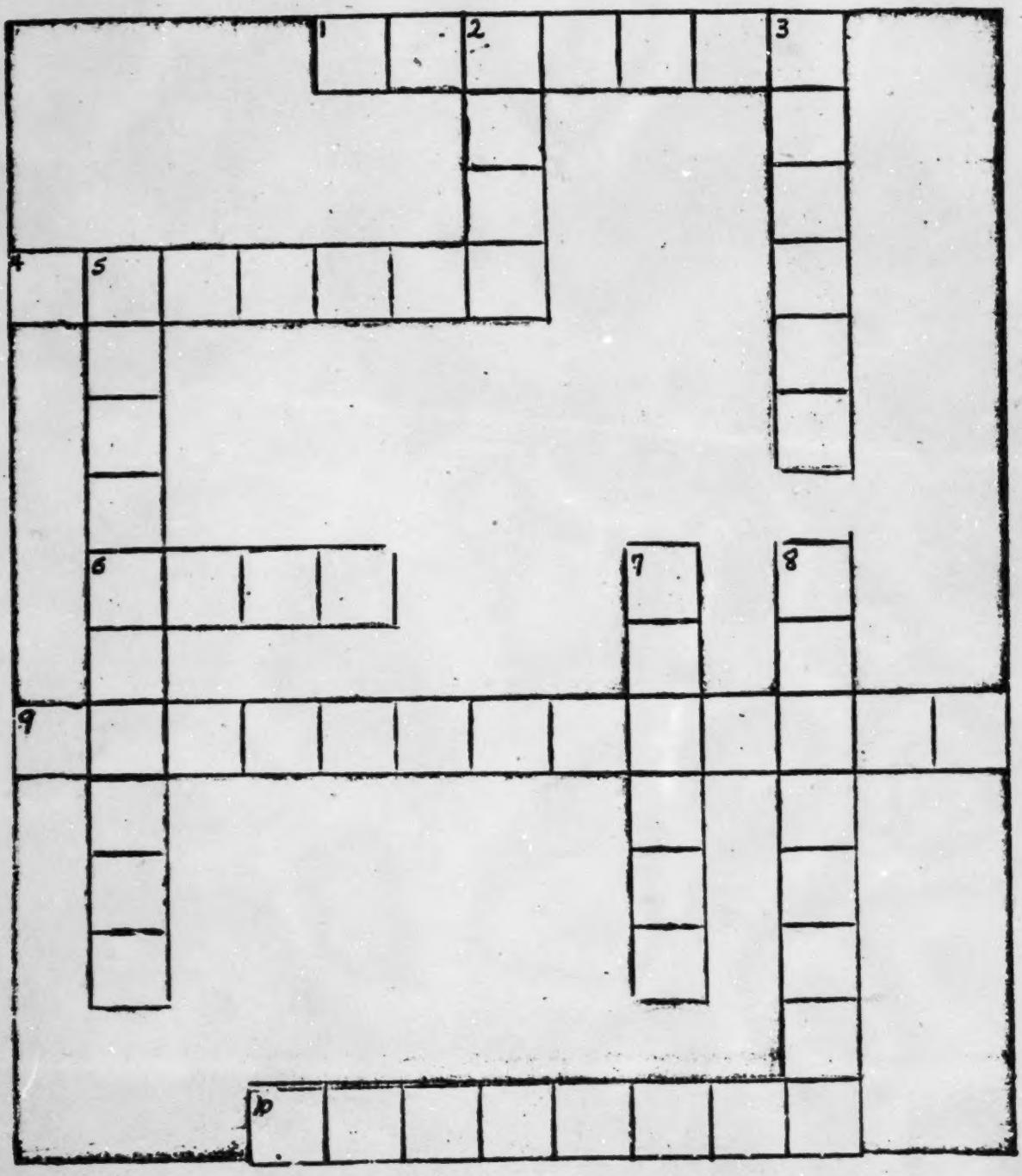
1. B vitamin found in cereals _ _ _ _ _ _ _
4. Beans, peas and meat are good sources of this nutrient _ _ _ _ _ _ _
6. Butter and margarine are examples of _ _ _ _.
9. _ _ _ _ _ _ _ _ _ _ _ _ _ _ provide us with heat and energy.
10. Iron is one of the _ _ _ _ _ _ _ _ your body needs every day.

DOWN

2. Whole grains are rich in the mineral _ _ _ _.
3. _ _ _ _ _ _ _ is a B vitamin found in whole grain cereals.
5. Another B vitamin found in whole grain cereals is _ _ _ _ _ _ _ _ _ _ _.
7. A good breakfast can contain juice, milk and _ _ _ _ _ _ _.
8. Cereals contain B _ _ _ _ _ _ _ _ _, minerals and carbohydrates.

SECTION 1

SELF-CHECK



SECTION 2

SELF-CHECK

1. With a red pencil color the part of the cereal box drawn below that contains the nutrition information.

2. Put a check (✓) on the line beside each of the following bits of information that can be found on the nutrition label of a cereal box.

____ % of RDA of certain nutrients

____ number of calories per box.

____ ingredients.

____ servings per box

____ calories per serving.

____ name of cereal.

____ serving size.

____ amount of sugar in a serving.

3. How does the nutrition information on a cereal box help you choose a cereal?

_____

_____

_____

_____

WORD SEARCH

Here are some words that have to do with eating the right foods. Find the words in the puzzle and circle them.

protein
breakfast
carbohydrates
fats
riboflavin
thiamin
niacin
iron
vitamin A
minerals
vitamins
water
calcium
vitamin C
cereal
nutrients

G O S P L A R K Z F O W G D N
V C L P C O O P S T A F T E L
L A R D V I T A M I N S K M N
N I A C I N D R R P L A M S V
Y Z L B T N U T R I E N T S I
X V Y Z A O C R C H A S R N T
Y N G R M R A S C O S T P R A
M S C L I P R O T E I N B R M
U P C L R B B K O S B R W M I
I W X Z O Y O K F L T T A I N
C E O R N C H F A R E G T L C
L L T H A R Y C L D B K E D R
A I V R C H D R O A A E R E C
C A L C O R R A K S V I R S T
B R E A K F A S T C I I W V R
L D P R K C T D F M T I N L K
B M S L A R E N I M A S O P E
C A E U B L S O R G M L A S K
C E R E A L P R A S I M L E R
B F H J L Q H A C M N D L R S
T R P L A K M N I M A I H T Y

CHOOSING A CEREAL

This sheet will help you to think about all the things you have been learning about in choosing a cereal. You might do this activity at the grocery store, at home, or, if you have cereal boxes, at school.

Choose two cereals to compare. Answer the questions below about each cereal.

What is the name of each cereal? cereal A _____

cereal B _____

What are the first five ingredients of each cereal? cereal A _____

_____ cereal B _____

Which cereal seems to have more sugar? _____

What is the % of the RDA of the following:

	cereal A	cereal B
protein	_____	_____
vitamin A	_____	_____
thiamin	_____	_____
riboflavin	_____	_____
niacin	_____	_____

How much does the cereal cost? cereal A _____ cereal B _____

How many servings are in the box? cereal A _____ cereal B _____

How much does each serving cost? To find out - divide the cost of the box of cereal by the number of servings.

servings) cost

cereal A _____ cereal B _____

Which cereal is the best one to buy? _____

Why do you think so? _____

_____

POST - TEST Name _____

1. Put a √ by the names of the nutrients you have studied in this capsule.

_____ fats

_____ vitamins

_____ minerals

_____ cereal

_____ carbohydrates

_____ protein

_____ food

2. Circle the letter of the best answer.

Whole grain cereals without milk contain

a) niacin, calcium, iodine

b) niacin, riboflavin, vitamin C

c) iron, niacin, riboflavin

d) carbohydrates, wheat, vitamin C

3. Using two cereal boxes provided by your teacher, answer the following questions. If the information cannot be found on the nutrition label, put N/F for not found.

a) How many calories are found in serving of each cereal with milk? _____ _____

b) How many serving are in each box? _____ _____

c) Which cereal is most nutritious without milk? _____

d) Which cereal is the most expensive per serving? _____

e) What are the top three ingredients of each cereal?

_____

_____

f) Which cereal has a prize inside? _____

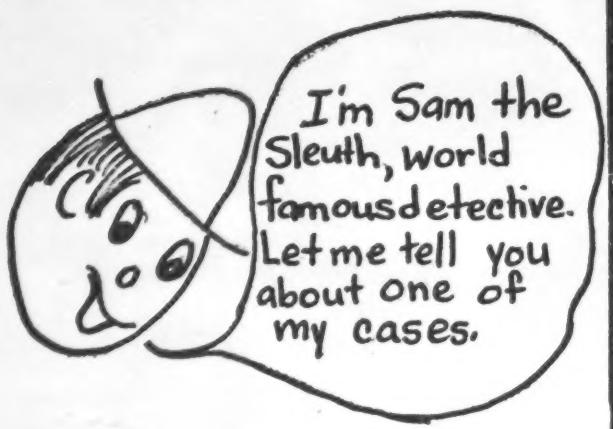
4. Using the information from the questions in number 3 above, which cereal would you buy? Why? _____

_____

_____

_____

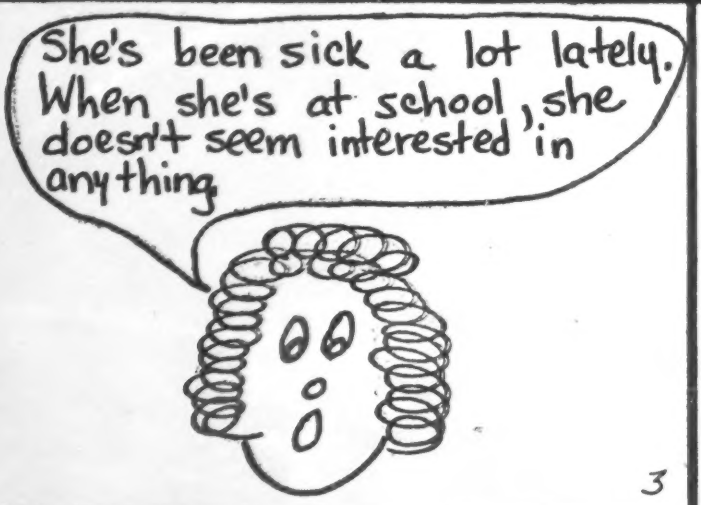
SAM THE SLEUTH



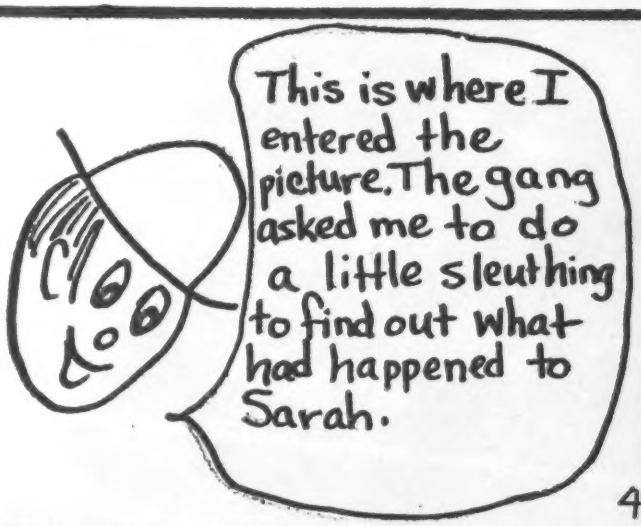
1

Sarah had always been right in the center of things at school. Lately, though, she didn't seem interested in anything. Her friends were worried.

2



3

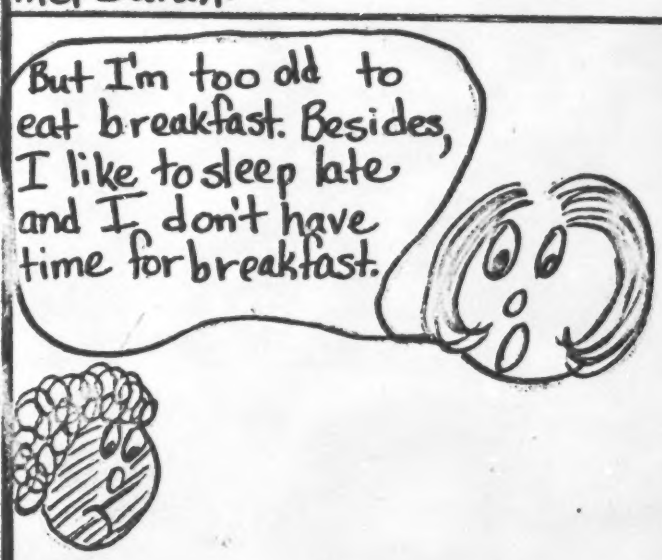


4

It didn't take me long to find out that Sarah had been skipping breakfast.

5

And so the next day, the gang met Sarah.



6

Sarah, where have you been? You don't outgrow a need for breakfast. Your body needs the nutrients you get in a good breakfast.

1

The what?

2

The nutrients, Sarah. You know - the carbohydrates, fats proteins, vitamins and minerals - that your body gets from the food you eat.

3

You people are speaking a foreign language. What are carbo... carbo...

Carbohydrates, Sarah.

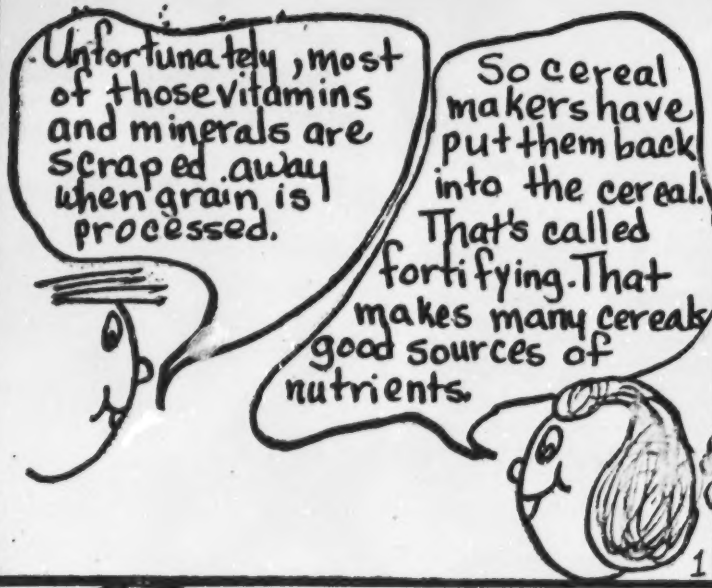
4

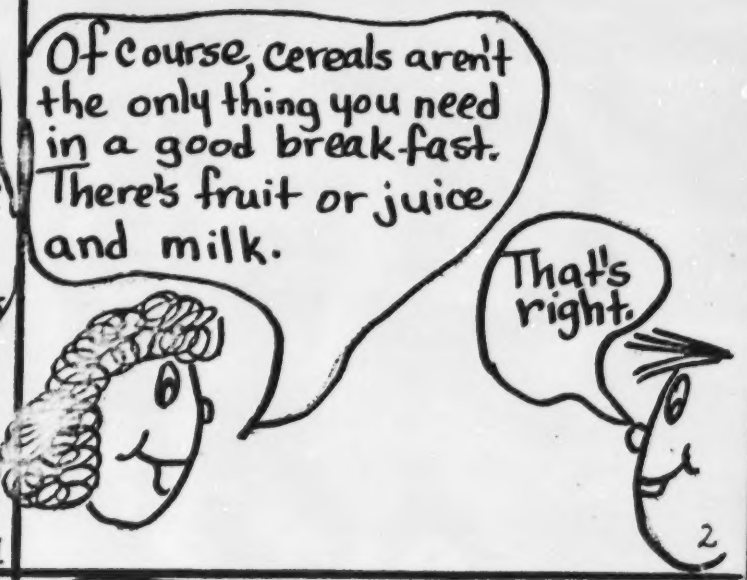
Carbohydrates provide us with heat and energy. Breakfast cereals are rich sources of carbohydrates.

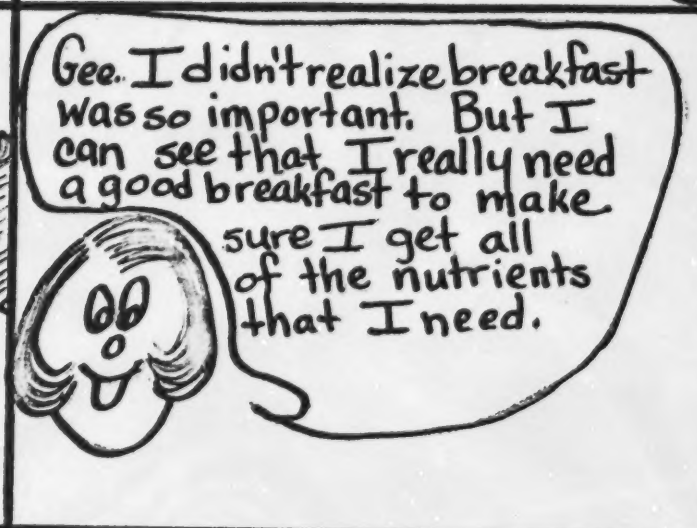
5

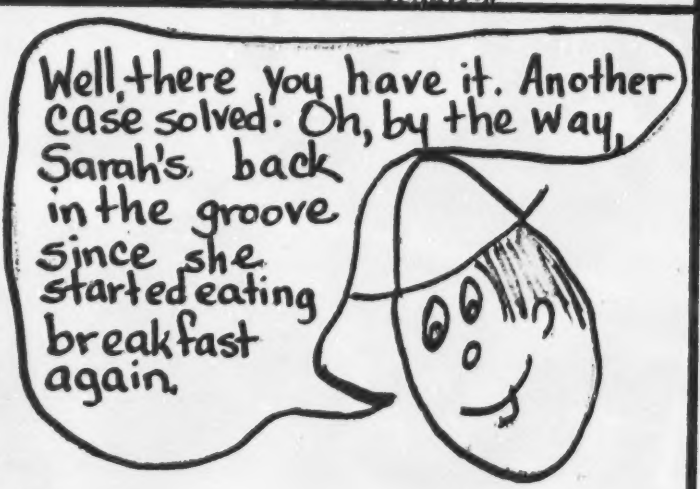
That's right. Whole grains are also rich in iron - that's a mineral - and niacin, thiamine and riboflavin. Those are the B vitamins.

6


Unfortunately, most of those vitamins and minerals are scraped away when grain is processed.
So cereal makers have put them back into the cereal. That's called fortifying. That makes many cereals good sources of nutrients.
1




Gee. I didn't realize breakfast was so important. But I can see that I really need a good breakfast to make sure I get all of the nutrients that I need.
4

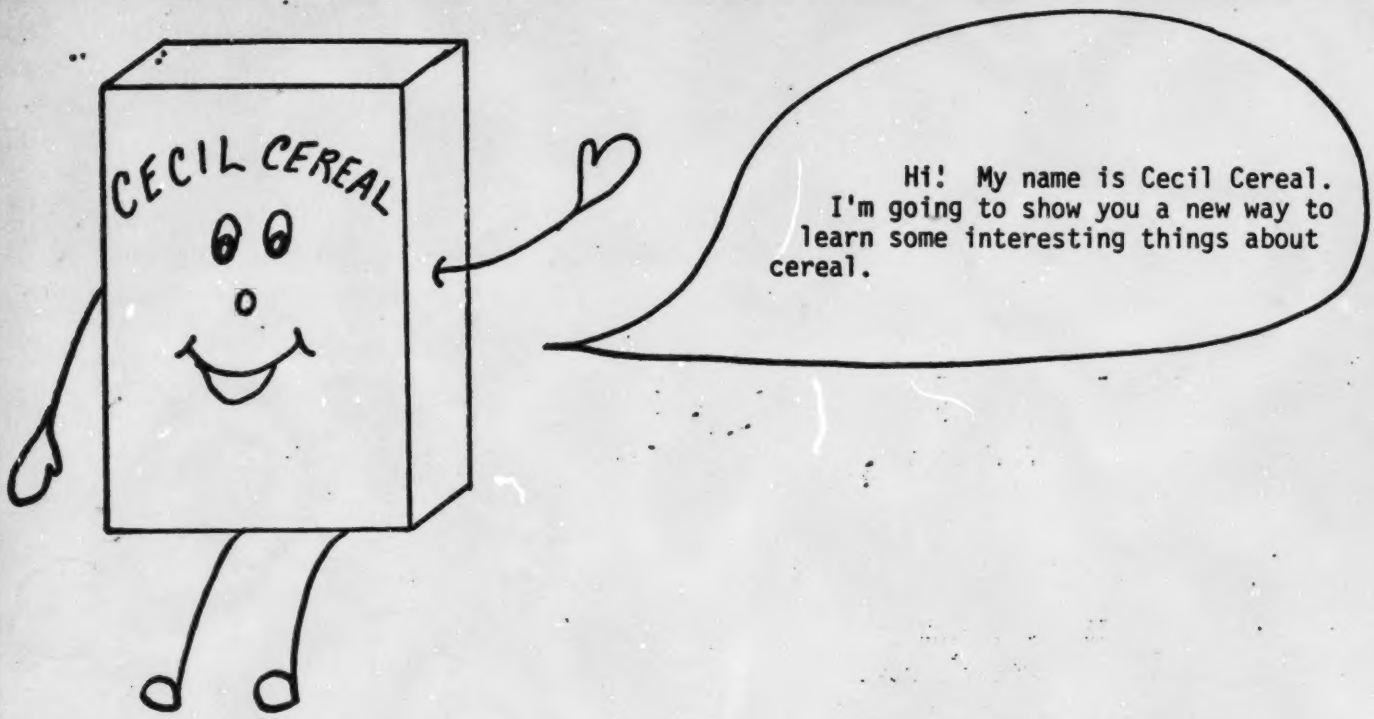

Well, there you have it. Another case solved. Oh, by the way, Sarah's back in the groove since she started eating breakfast again.
46
5

Let's Review

- We never outgrow our need for breakfast.
- Food provides us with nutrients—carbohydrates, fats, protein, vitamins, and minerals.
- Some breakfast cereals have been fortified to provide some of these nutrients.
- Cereals are rich sources of carbohydrates, thiamin, niacin, riboflavin and iron.
- Cereals are only part of a good breakfast. You also need juice or fruit and milk.

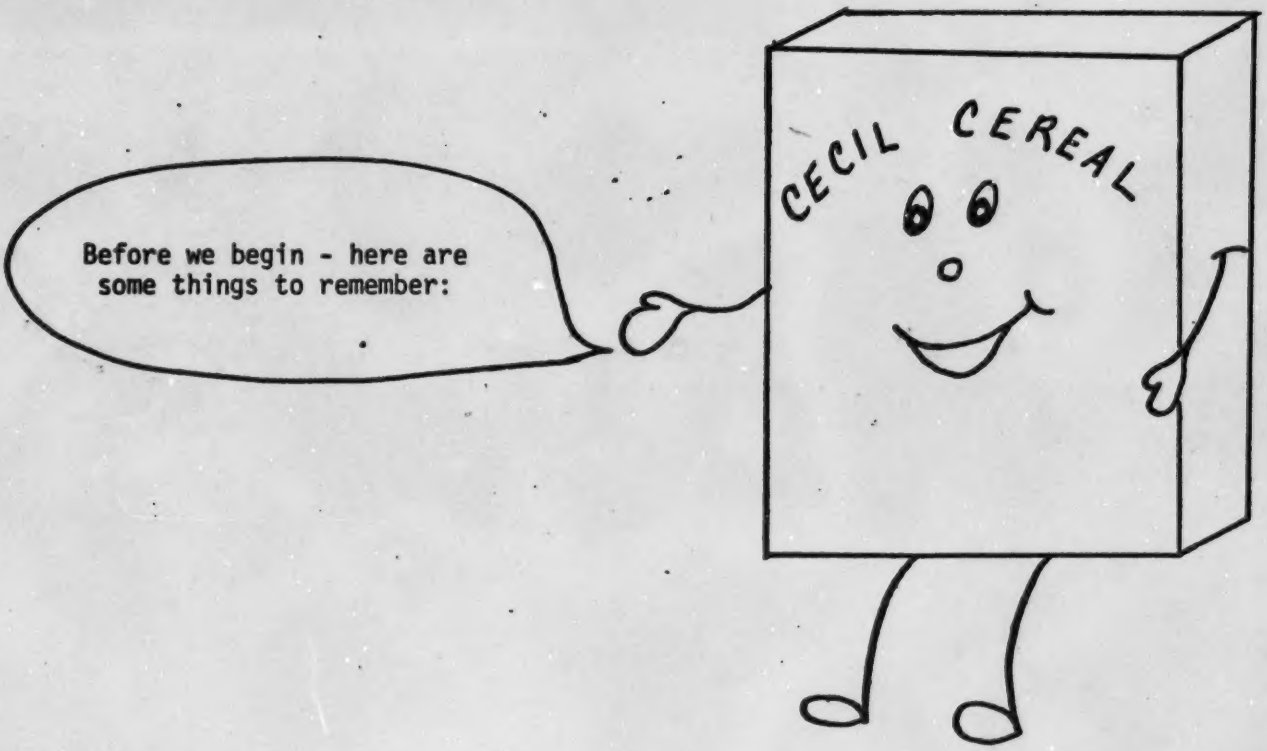
CECIL CEREAL'S SUPERMARKET SEARCH

Student Materials

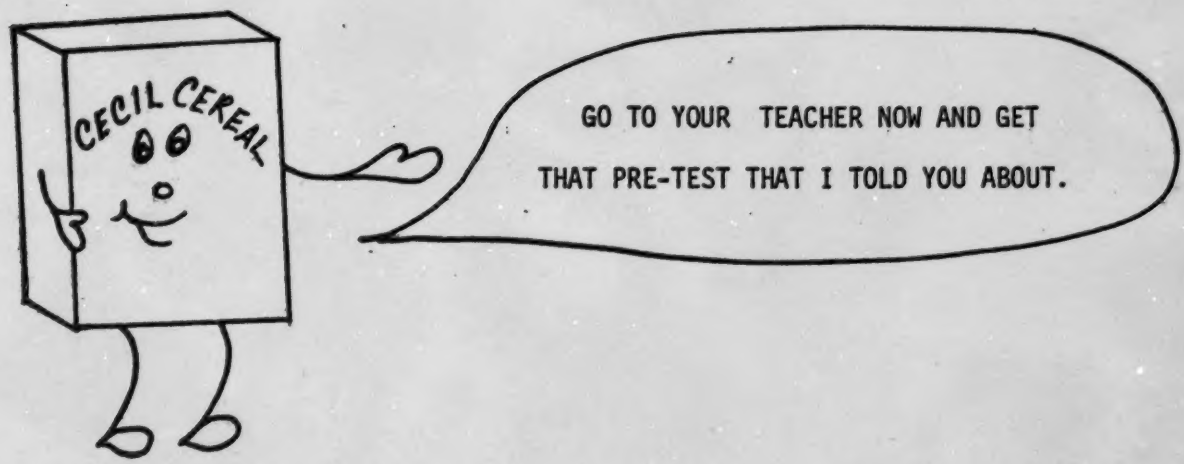


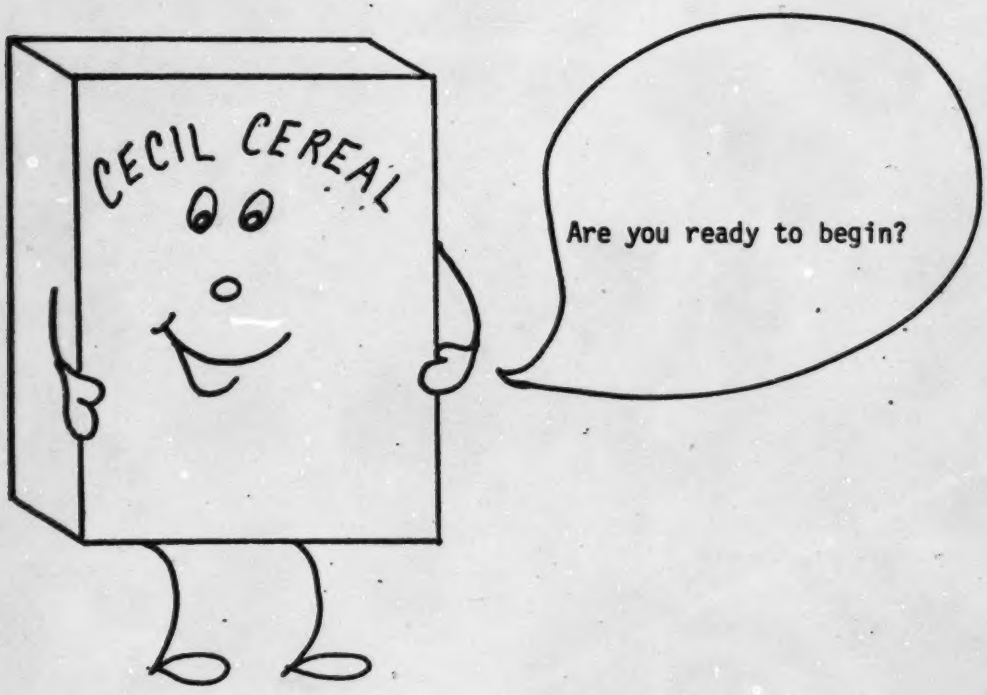
This is a learning capsule. It contains many different activities to help you learn. There are three parts or sections in this capsule. You will not do all of the activities in each section. Sometimes you will be told which activities you are to do.

Before you begin you will complete a pretest to see what you already know about the material in this capsule. After you finish each section you will have an opportunity to see how well you learned the material in that section by completing a self-check activity. When you finish the capsule, you will be asked to take a post-test.



- Keep your work from each section together.
- Turn in all your work for the section after you have completed the self-check.
- Your teacher will tell you where to find the materials you will need to complete the activities.
- Do <u>not</u> write in the capsule.


CECIL CEREAL
GO TO YOUR TEACHER NOW AND GET
THAT PRE-TEST THAT I TOLD YOU ABOUT.

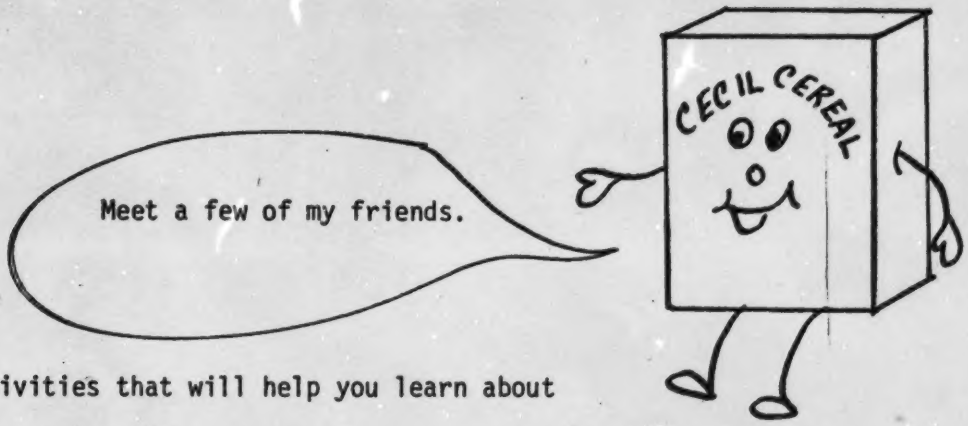


Every day of your life you will spend time eating. You've probably heard people say, "You are what you eat." Did you ever wonder what that means? The food you eat becomes the living, vital part of you that plays baseball or walks to school or does homework. In this capsule you will be learning how one of those foods, cereal, contributes to making you a healthier person. You will also learn how the cereal box can help you to choose a cereal that is good for you. Finally, you will be able to use the things you have learned about nutrition when trying to decide which cereal is the best buy for your money.

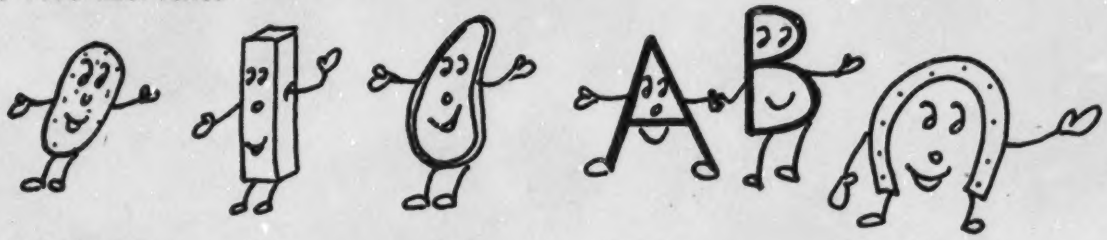
SECTION ONE

When you finish this section you will be able to

- name the nutrients that you get from the food you eat.
- recognize the nutrients found in cereals.



Here are some activities that will help you learn about the five nutrients -



carbohydrates fats protein vitamins minerals

Do all of the activities marked with a star * and choose two other activities.

*1. Read the article "Sam the Sleuth" that is in the cereal center. After you have read, list (1) some of the reasons for eating a good breakfast, (2) the nutrients that breakfast cereals provide and (3) the kinds of foods that make up a good breakfast.

2. As you read pages 110-114 in Health Level 5 notice what the nutrients are and the need that the body has for the various nutrients. Working with one or two friends cut pictures from magazines. Use them to plan a day's menu that would provide the nutrients you need. (Your teacher may give you a reading assignment in another book if this one is not available.)

3. View the sound filmstrip, "What Foods People Need". Pay careful attention to the kinds of nutrients your body needs. Get food pictures from your teacher. Use them to plan a day's menu that would provide the nutrients you need. Write down your menu plan and show it to your teacher.

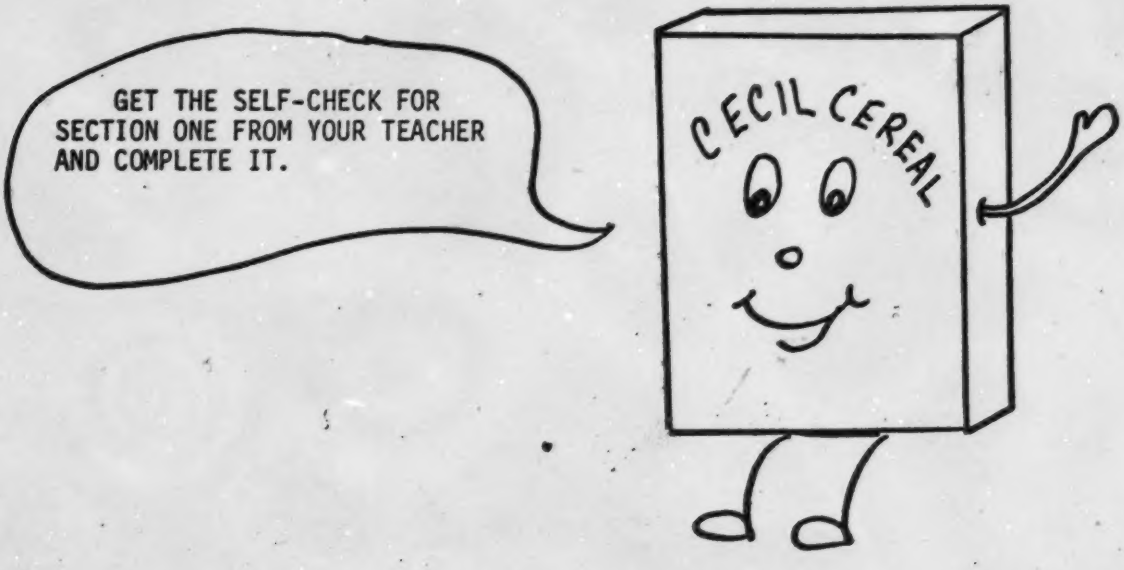
4. Make a poster showing the nutrients found in cereals. Use the information

that you get from the activity above or use the chart Nutrition Information included in this capsule. You may cut out pictures from magazines or draw your own. Do your lettering in pencil. Print your letters. Check with a classmate or your teacher to be sure all words are spelled correctly. Then go over your letters with crayon or felt marker.

5. Design a bulletin board showing a good breakfast that includes cereal. Identify the nutrients that each food provides. Make a drawing of the way you want your board to look. Ask your teacher if you can put your bulletin board up in the room.

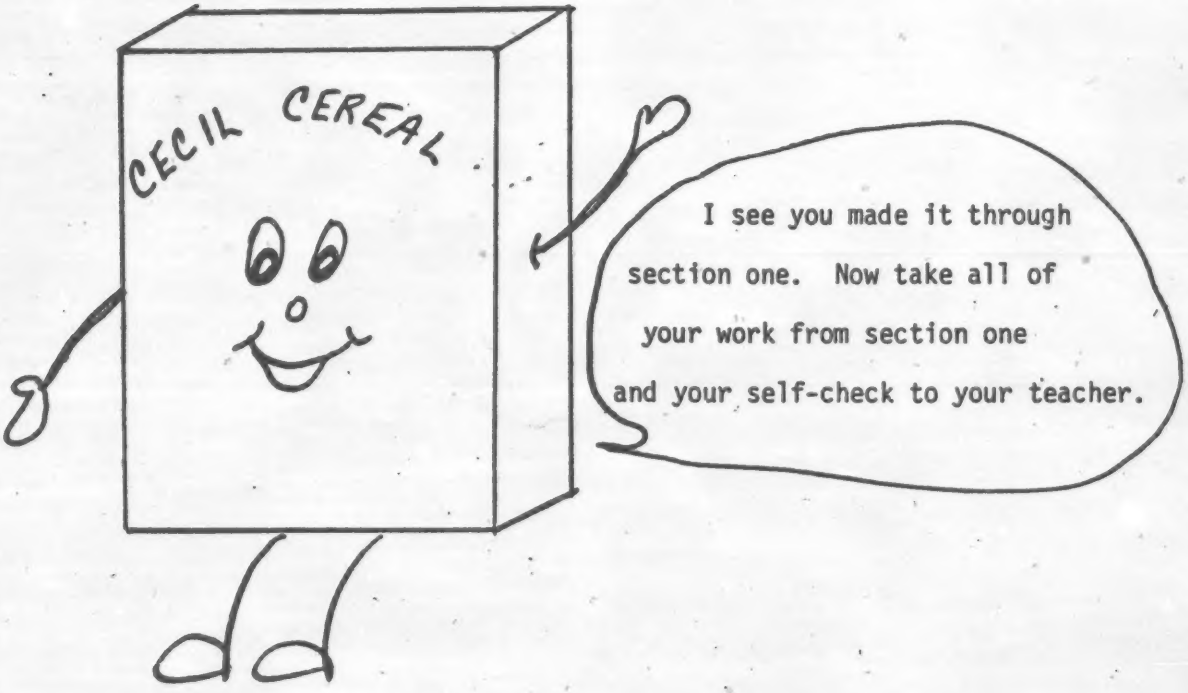
6. Choose one of the nutrients listed on the chart Nutrition Information. Make a poster showing foods that are sources of that nutrient. You may cut out pictures from magazines or draw your own. Do your lettering in pencil. Print your letters. Check to be sure that all words are spelled correctly. Then go over your letters with crayon or felt marker.

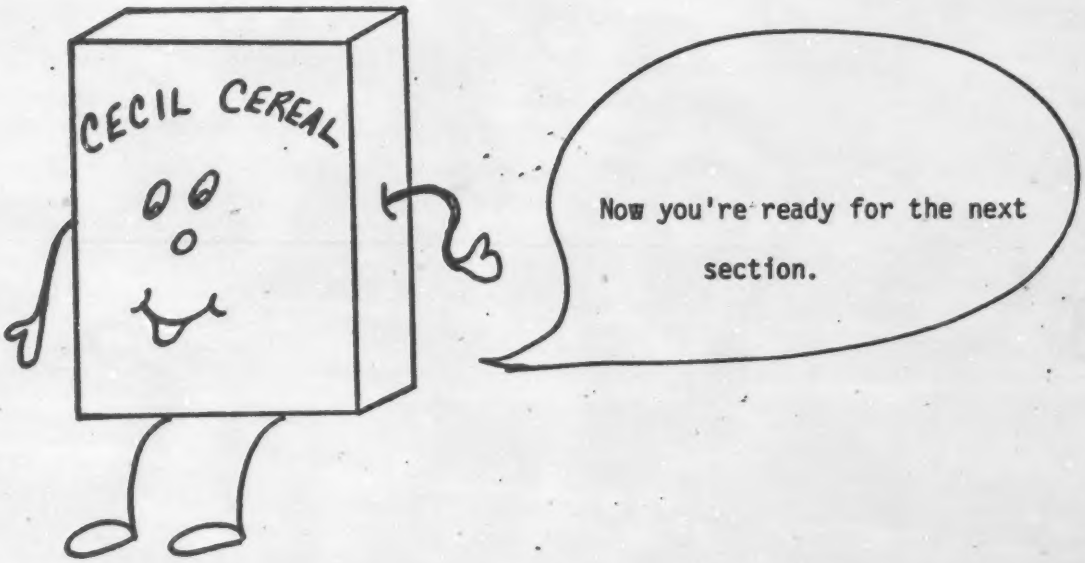
*7. Complete the word search of nutritional terms.



NUTRIENT INFORMATION

NUTRIENT	WHY NEEDED	MAJOR SOURCES
Carbohydrates	·supply energy ·spare protein for building and repairing cells ·add bulk ·regulate the use of protein and fat in the body	breads, cereals, macaroni, spaghetti, corn, potatoes, rice, beans, peas, bananas, and other fruits, sugars, syrups, molasses, jams and candies.
Fats	·concentrated energy source ·carry flavor and aroma which make foods more enjoyable ·carry fat souble vitamins ·source of fatty acids which are essential	margarine, vegetable oils, milk and milk products.
Protein	·build and maintain tissue ·regulate body processes ·supply energy	milk, eggs, cheese, meat, poultry, fish, dried beans & peas, nuts, peanut butter
Calcium	·helps build and maintain bones and teeth ·helps blood to clot ·helps nerves, muscles and heart to work properly	milk and milk products, leafy green vegetables
Iron	·combines with protein to form hemoglobin ·helps the cells use oxygen	liver, meat, egg yolk, whole grain, en. cereals & breads
Vitamin A	·helps keep skin cells soft, moist and healthy ·helps eyes adjust to dim light	yellow & green leafy veg., liver, whole milk, eggs, butter fortified margarine
Thiamin (B_1)	·helps body use carbohydrates ·helps keep nervous system healthy ·promotes good appetite	pork, liver, lean meats, eggs whole grain and enriched breads and cereals,nuts, peas & beans
Niacin	·helps body use oxygen to produce energy	lean meat, fish, peanuts,beans whole grain and enriched cereals
Riboflavin (B_2)	·helps body use oxygen to produce energy ·helps keep eyes healthy	liver, milk, cheese, eggs, lean meat, whole grain & cereals
Vitamin C	·helps keep nervous system healthy ·makes a material that cements body cells together and strengthens cells walls ·helps wounds heal ·helps build and maintain bones and teeth	citrus fruits, tomatoes, cabbage, potatoes green leafy vegetables
Vitamin D	·helps body use calcuim and phosphorus for building strong bones and teeth	foods fortified with vitamin D, salt water fish, egg yolk, sunlight
Water	·important part of every cell and fluid in the body ·carries food to tissues and carries away wastes ·controls body temperature, aids in digestion and absorption of food	beverages, soups, fruits and vegetables. Almost all foods contain water.

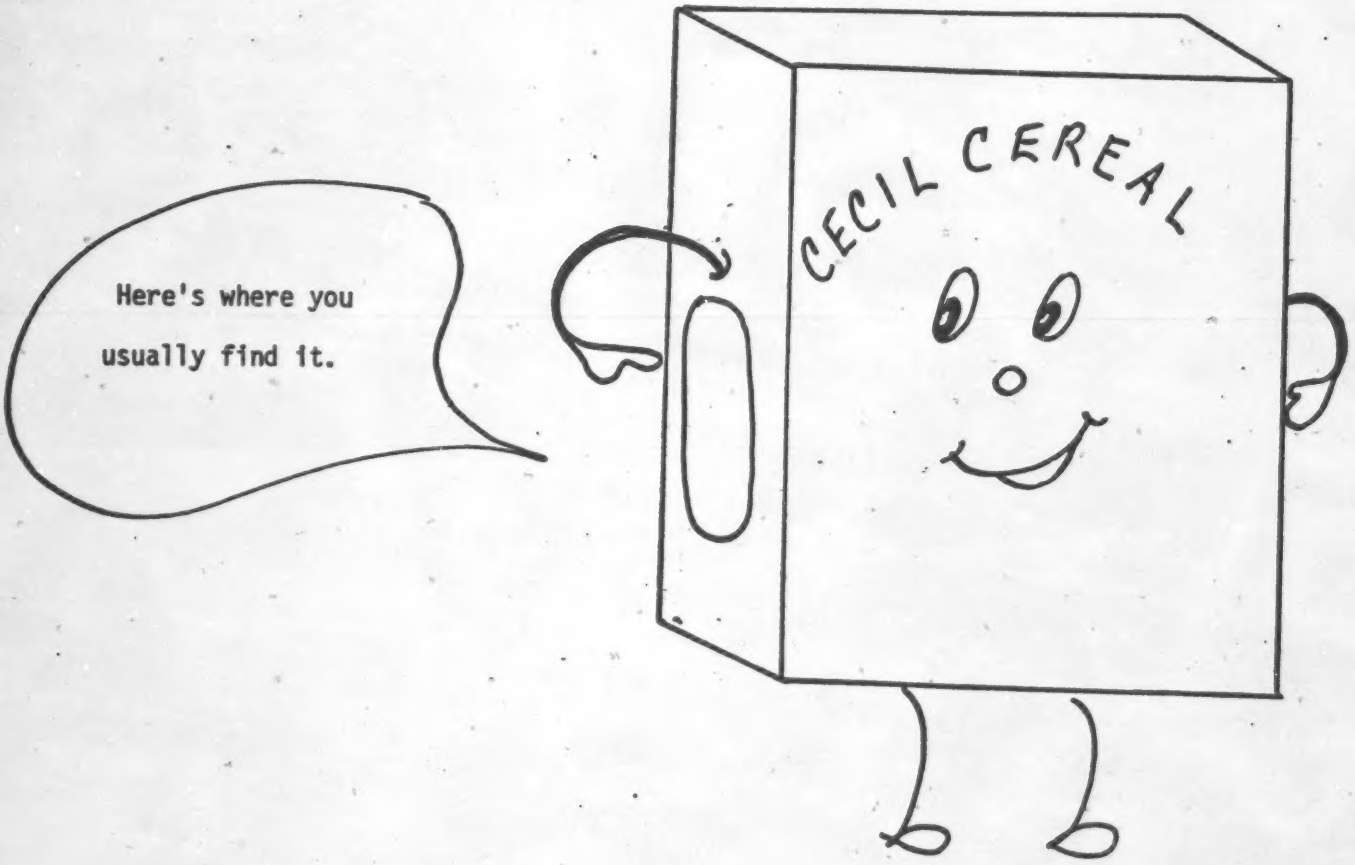

CECIL CEREAL
I see you made it through section one. Now take all of your work from section one and your self-check to your teacher.



When you finish this section you will be able to:

- find the nutrition label on a cereal box.
- locate nutrition information that the cereal box gives you.
- use the information from the box to compare cereals.

If you look on the side of a cereal box you will find information about the nutritional value of the cereal inside the box.



The Food and Drug Administration is an agency of the U.S. Government. One of its jobs is to see that food manufacturers provide certain information on the labels of their products. Part of that information includes the U.S. Recommended Daily Allowances (RDA) of certain nutrients. Let's talk about the RDA for a minute. The RDA is the amount of each nutrient that a person needs in his diet every day. Here is an example. If you have eaten all of the protein that you need for a day, then you have had 100% of the RDA for protein. No food contains 100% of the RDA of every nutrient. To determine how nutritious a cereal is, you must notice how much of the RDA of the different nutrients is in it. The activities on the next page will help you discover what kinds of information the label gives you.

DO ALL OF THE STARRED * ACTIVITIES AND ONE OF THE OTHER ACTIVITIES.

*1. Your teacher has several cereal boxes in the room. Inside the boxes are some questions for you to answer about each cereal. Answer the questions from each box on a separate sheet of paper. Write the name of the cereal at the top of your paper before you answer the questions from that cereal box.

*2. In the cereal center is a folder containing several nutrition information labels from cereals. Answer the following questions about these labels:

1. What is the serving size of each cereal?
2. Which cereal has the most calories per serving?
3. Which has the most thiamin?
4. Which has the most niacin?
5. Which has the most riboflavin?
6. Which has the most iron?
7. Which has more grams of carbohydrate per serving size?

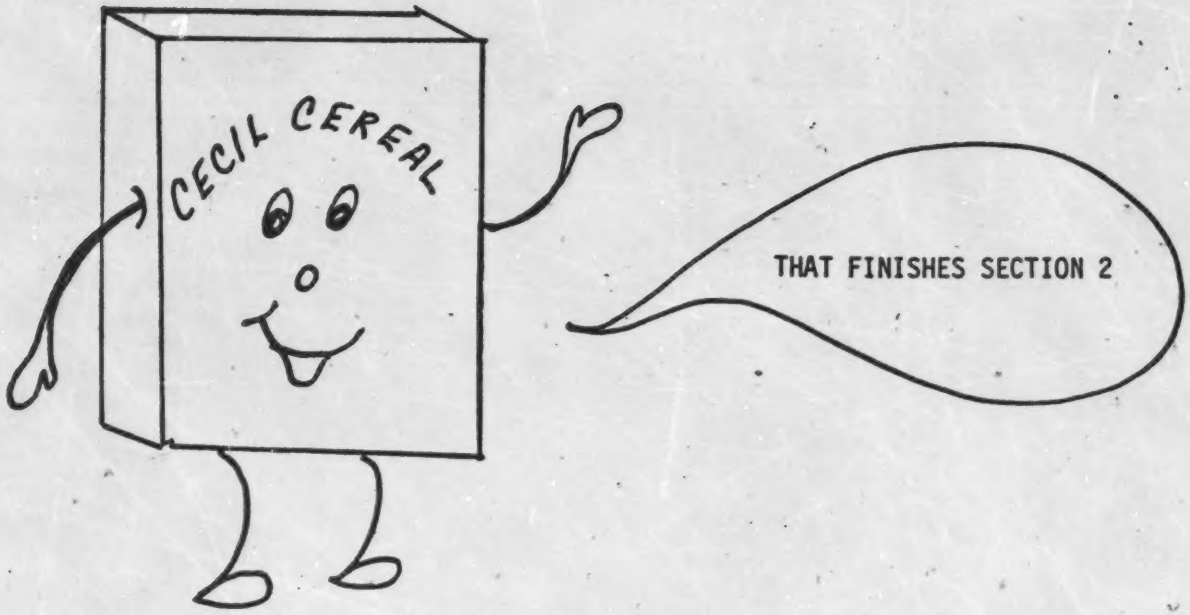
3. Choose two cereals that you have at home. Answer the questions from activity 2 above, using these two cereal boxes. You may have a

parent check your work.

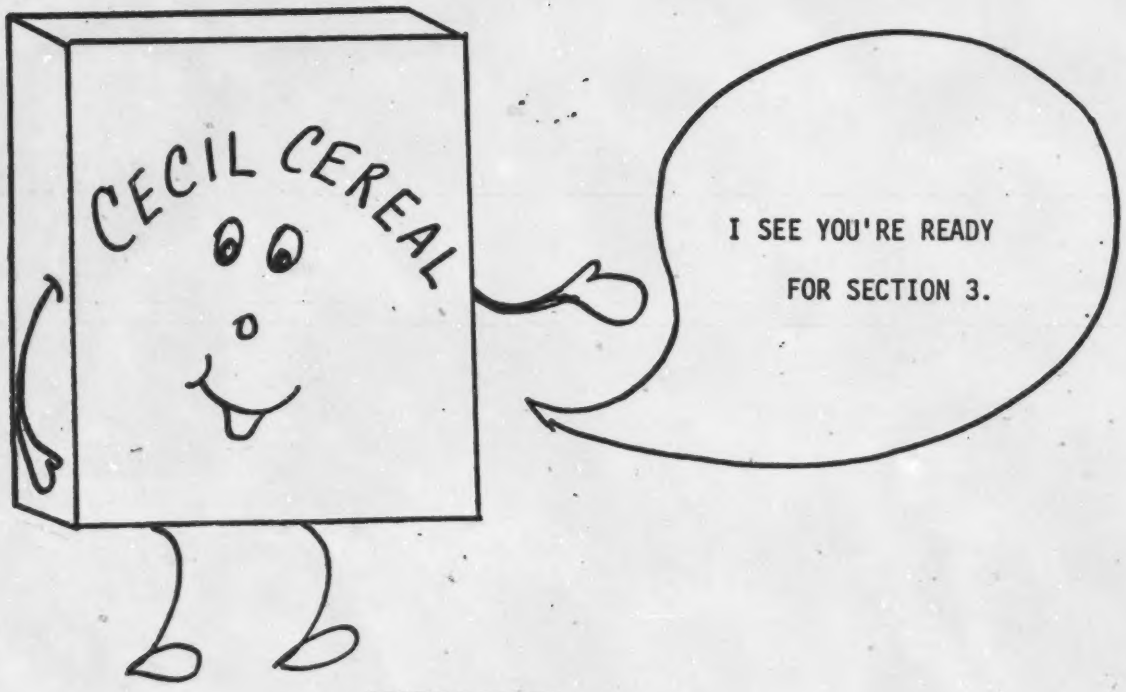
4. Choose a cold cereal and a cereal that must be cooked such as cream of wheat or oatmeal. Answer the questions from activity #2 above to compare the two cereals. Have a parent check your work.

*5. Recently there has been a lot of talk about the amount of sugar in our food. Most people feel that too much sugar is not good for us. Some cereals contain a great deal of sugar. Ingredients are listed on the label according to the amount of that food in the box. For example, suppose the ingredients are listed wheat, barley, sugar, etc. This tells us that there is more wheat than anything else in the cereal. Barley is the second most plentiful ingredient, and sugar is the third. This helps you to know if the cereal you are buying is high in grain or high in sugar.

Using the list of ingredients on your paper from activity #1 find the top five ingredients in that cereal. Circle those top five ingredients.



Now you're ready for the self-check. When you have finished give all of your papers from this section and the self-check to your teacher.



SECTION THREE

When you finish this section you will be able to

- use what you have learned about nutrition to help you decide which cereal is a better buy.
- compare the prices of two cereals.

CHOOSING A CEREAL

This sheet will help you to think about all the things you have been learning about in choosing a cereal. You might do this activity at the grocery store, at home, or, if you have cereal boxes, at school.

Choose two cereals to compare. Answer the questions below about each cereal.

What is the name of each cereal? cereal A _____

cereal B _____

What are the first five ingredients of each cereal? cereal A _____

_____ cereal B _____

Which cereal seems to have more sugar? _____

What is the % of the RDA of the following:

	cereal A	cereal B
protein	_____	_____
vitamin A	_____	_____
thiamin	_____	_____
riboflavin	_____	_____
niacin	_____	_____

How much does the cereal cost? cereal A _____ cereal B _____

How many servings are in the box? cereal A _____ cereal B _____

How much does each serving cost? To find out - divide the cost of the box of cereal by the number of servings.

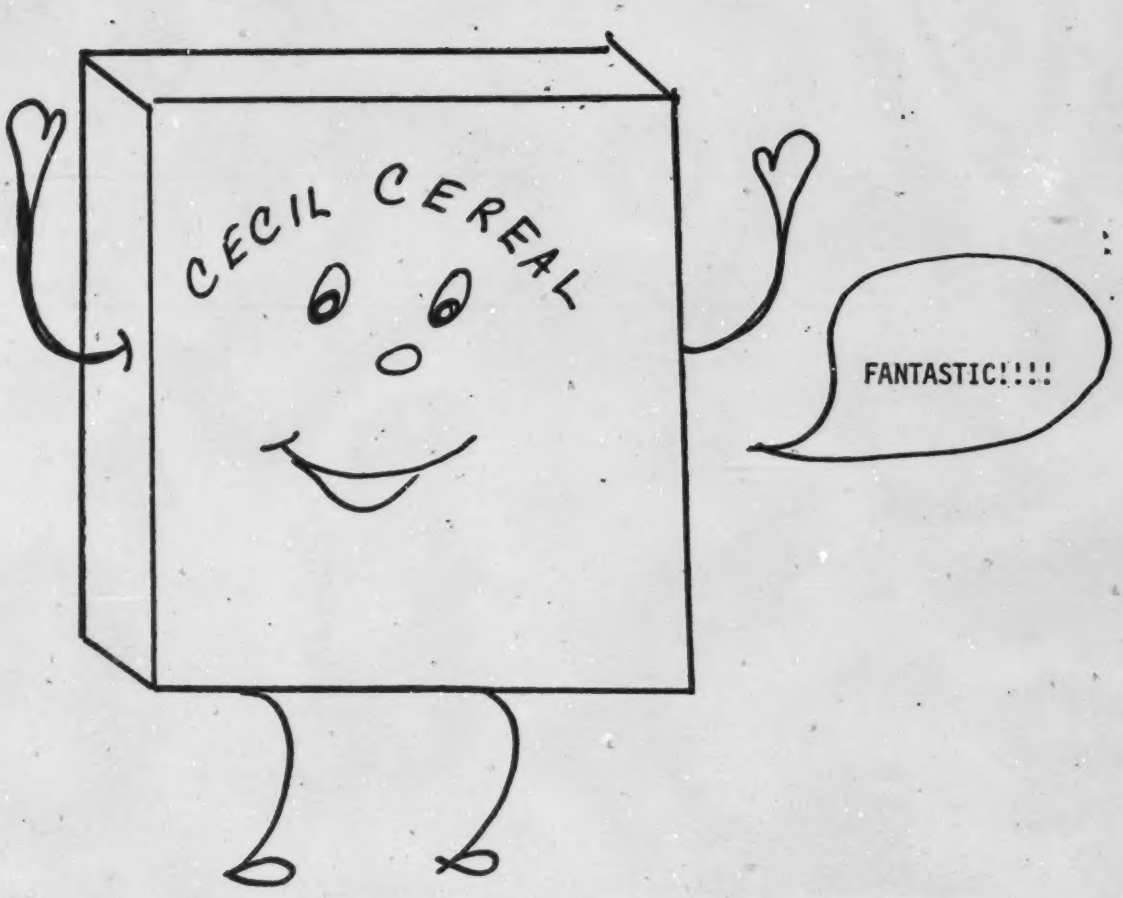
servings) cost

cereal A _____ cereal B _____

Which cereal is the best one to buy? _____

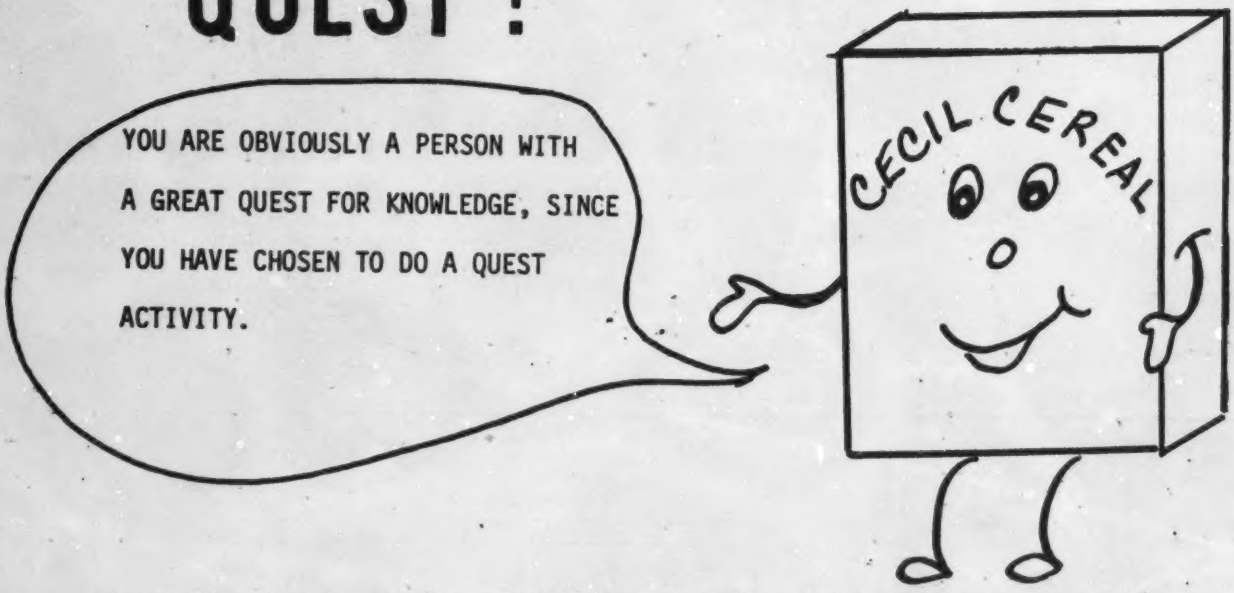
Why do you think so? _____

_____



Your teacher thinks that you are ready for the post-test. Get the post-test from your teacher. After you have completed it, give it to the teacher to be graded. If you need more practice on the skills that are taught in this capsule, your teacher will direct you to go back and do some extra activities. If your post-test shows that you have mastered the skills in this capsule, your teacher may direct you to the Quest Activities in this capsule or to another capsule.

QUEST !



Congratulations! Since you have done so well on the post-test, you may choose to do one or both of the Quest Activities.

1. Conduct a Supermarket Scavenger Hunt. You will find the directions for this activity at the cereal center.

2. Here is a recipe for granola. You may gather the ingredients and make granola. If you like your teacher may let you work on this activity with several friends. Now that you have made the granola find the nutritional value of your cereal. Check cereal boxes to find which nutrients you should list. Check a nutrition chart as well as the labels on the ingredients you use, to get this information. Divide your cereal into packages of one serving. Check cereal boxes to see how much a serving should be. How many servings did you get? Can you calculate the nutritional value of each serving? To do this, divide the number of servings into the per cent of RDA of each nutrient. Do you think that granola is low or high in calories? When you have finished, think of a new name for your cereal and design a box for it. Calculate how much it cost you to make

granola. If you sold packages of it to your classmates, how much would you need to charge for each package in order for you to make a profit of 2¢ per box? You and several friends might like to set up your own cereal company and manufacture granola for your classmates. Your teacher can help you to set up your company if you choose to do this.

Granola

2 - 1/2 cups old fashioned oatmeal

1/2 cup chopped almonds

1/2 cup sesame seed

1/2 cup sunflower seed

1/2 cup shredded coconut

1/2 cup soy flour

1 cup powdered milk

1/2 cup wheat germ

1/8 teaspoon salt

Mix together 1/2 cup <u>each</u> of

honey

corn oil

2 teaspoons vanilla

1/4 cup water

Mix well. Spread thinly on cookie sheet. Bake in 250^{0} oven for 45 minutes or until lightly brown. Stir often.

After baking add: 1 cup raisins

1/4 cup of any other dried fruit, cut in pieces